

About the School Nutrition Program...

The School Nutrition Program administers the United States Department of Agriculture (USDA) School Breakfast Program and National School Lunch Program. School meals must meet minimum nutrition requirements. Meade County School meals meet or exceed the USDA nutrient requirements.

Weekly Components Statistics for Elementary Lunch

	Fruits	Vegetables	Grains	Meat/Meat Alternate	Milk
Weekly Regulations	2.5 cups	3.75 cups	8-9 oz.	8-10 oz.	5 cups
Weekly Average	5 cups	7.5 cups	15 oz.	15 oz.	5 cups

Average Participation Summary

# of Participating Schools	8
Average Monthly Participation - Breakfast - August 2021—December 2021	12,140
Average Monthly Participation - Lunch - August 2021—December 2021	18,770
Total Number of Reimbursable Meals - August 2021—December 2021	507,560
Total Number of Breakfast Meals— August 2021—December 2021	199,465
Total Number of Lunch Meals— August 2021—December 2021	308,095

This brochure is provided in compliance with KRS 158.856 and 702 KAR 6:090 as an overview of the nutritional and physical activity currently available in the school system.



Nutrition & Physical Activity Report

Meade County School District

January 2022

Nutrition Education

Student menus are displayed daily using signage that features food items under the color cod-ed category. Foods are divided into 5 components:

- ◇ Bread/Whole Grains
- ◇ Vegetables
- ◇ Fruits
- ◇ Milk
- ◇ Protein/Meat

The signage boards are designed to help students make healthy choices. The signage will help students meet the requirements for a reimbursable meal as well as encourage them to select fruits and vegetables.

Offering these Child Nutrition Programs:

- National School Lunch Program (NSLP)
- National School Breakfast Program (NSBP)
- Child & Adult Care Food Program (CACFP) – Afterschool meals at Flaherty Primary & Brandenburg Primary
- Seamless Summer Option (SSO)
- Summer Food Service Program (SFSP)

Community Eligibility Provision (CEP)

Meade County School District offers this provision at all schools. The CEP option allows the school district to provide a breakfast and lunch meal to all enrolled students at no cost regardless of economic status.

Wellness Policy

Federal Law (Public Law 108-265, Section 204) requires school districts to have a local wellness policy. State law (KRS 160.345) requires elementary schools to develop and implement a school wellness policy.

All schools in Meade County have a wellness policy in place. Each year, the wellness committee reviews the district's wellness policy and work efforts will continue toward evaluation and revision.

Smart Snacks

Food and beverages sold as extra on the cafeteria line meet the Federal Smart Snack rule. Everyone can take the "Smart Snack" test using the Alliance for Healthier Generation Calculator. Type in your snack nutrition information and see if it qualifies as a "smart snack."

<https://foodplanner.healthiergeneration.org/calculator/>

Employee Wellness

The district's school nurses work with local health departments to provide Wellness Checks each year. This service is part of the Stay-Well Program.



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Physical Activity

Physical Education (P.E.) is offered at all schools. Teachers use age-appropriate physical education curriculum that is consistent with state standards. Elementary schools offer at least 45-60 minutes of physical activity a week. All schools offer extra physical activity during the school day as well as extra-curricular activities after the school day ends. To promote family and community awareness, some schools host Family Fun Night for students and their families.



Inspections

All school kitchens are inspected by the local health department twice a year. All Meade County Schools received excellent reports of 97% or higher on recent inspections.



MealViewer digital menu offers nutritional facts information for each school day. Visit mealviewer.com for your school menus and nutrition.

